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Race Hosted By:

City of Rockville Mayor & Council **Department of Recreation & Parks**

Race Presented By:

King Farm Village Center **Regency Centers**

Race Conducted By:

Montgomery County Roadrunners Club

Other Contributing Sponsors:

RnJ Sports Discounters Kaiser Permanente **EU Services**

Race Beneficiary:

Rockville Recreation Fund

Race Information:

Location and Course:

King Farm Village Center King Farm Blvd and Pleasant Drive

Registration Fees:

\$25 by October 26, 2007 \$27 by November 3, 2007 \$30 on November 4 from 7:30 am-8:15 am

Parking and Shuttles:

Two Irvington Centre and 702 King Farm Blvd.

Take 355 North (From Rockville Town Center) and turn left on Redland Blvd.

Shuttle buses will continuously run participants to race area. Shuttle runs start at 7:15 am. with the last shuttle run at 8:10 am. Return shuttles will begin running at 10:15 am.











The retailers of King Farm Village Center are proud to support and host the Rockville 10k/5k, now in its 32nd year.

Health / Medicine

Advanced Spine & Wellness (240) 361-2225 Family Health Care (301) 947-6816 Ryden Optik (301) 869-7611 State of the Art Dental Group (240) 683-8111

Food Dining

Baja Fresh Mexican Grill (240) 683-3907 Beer & Wine at King Farm (240) 683-5995 (301) 963-9288 Eastern Cafe Fontina Grille (301) 947-5400 Kardo Mediterranean Cafe (301) 926-7855 (301) 963-3400 L'oustalet Maggie Moo's Ice Cream (301) 977-2882 Mayorga Coffee Roasters (301) 990-8722 (301) 990-6778 Nagoya Sushi **Quiznos Subs** (301) 947-6700

Beauty/Fitness

Curves (301) 869-2093 Elaj Aveda Day Spa (301) 977-1514 Hair Cuttery (301) 947-9795 (301) 869-4300 Kicks Karate Lifestyles for Hair (301) 977-3220 South Beach Tanning Salon (301) 869-1285

Banking/Finance

BB&T (301) 929-5414 Chevy Chase Bank (301) 921-8540 H&R Block (301) 963-4859 Wachovia (301) 926-4570

Services

Crown Carpet & Flooring (301) 947-9400 King Farm Cleaners (301) 947-0222 (301) 548-9700 Long & Foster Real Estate (301) 990-1239 **Montgomery Printing Services** Parcel Plus (301) 590-0300 Safeway (301) 990-3150

Specialty Shops

KoKo Florist (301) 978-9808 Pawlitics...where pets rule! (301) 947-PETS Woolwinders: A Knitting Salon (240) 632-9276

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PERMANENTE. thrive

EUSERVICES R N J SPORTS



Part of the "2007 Rockville Triple Race Scries"

- Pike's Peek 10K 04.29.07, 8 am
- Rockville Twilighter Runfest 8k 07.21.07, 7:45 pm
- Rockville 10k/5k 11.04.07, 8:30 am

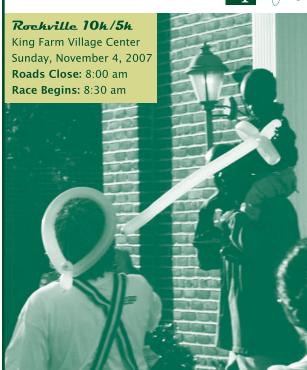
1st and 2nd place finishers (men's and women's in the open and masters (over 40 as of 4.29.07) division will be eligible to receive an award!

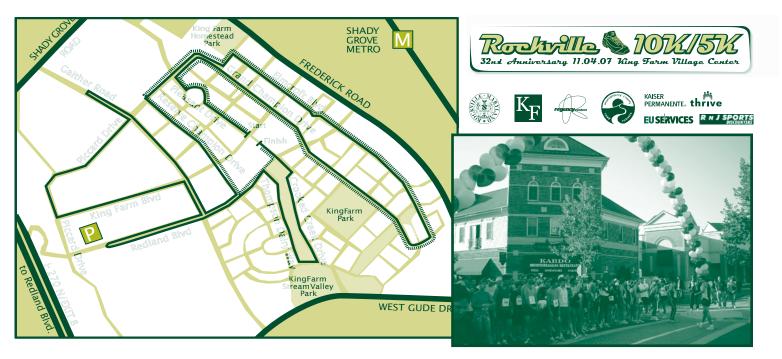
Not Running? Want to Help?

Sign up to volunteer at the Rockville 10k/5k at www.mcrrc.org or call 301-460-8888. If you sign up to volunteer before race day, we'll guarantee you a race t-shirt and post-race brunch. No experience necessary.









10K/5K Age Groups:

● 19 & under ● 45 – 49 ●60 − 64 **●** 75−79 50 - 54 65 – 69 80 & over **40 - 44** • 55 - 59
• 70 - 74

Awards and Prize Drawings:

Awards will be given to Open Placed finishers, Top Age Group finishers and Second Place finishers.

All Runners Will Receive:

- Commemorative long-sleeve t-shirt
- Chance to win random prize drawings
- Pre-race stretch provided by the Sergeant's Program
- Complimentary Gift (while supplies last)
- On-site bag check
- Post-race Brunch

Grand Prize Random Drawing

\$1,000 Travel Gift Certificate

(10:00 a.m. drawing, all are eligable to win, must be present to win)

Race Management Provided by: **Montgomery County Road Runners Club**

Mail Entry Form To:

Rockville 10K/5K - City of Rockville 111 Maryland Avenue Rockville, MD 20850-2364

Register Unline (by noon, November 2):

www.mcrrc.org

Use your credit card to enter on our secure site

For Information Call: 301.460.8888

Packet Pick-Up/Late Registration:

RNJ Sports Discounters 11910R-Parklawn Drive, Rockville, MD 301-881-0021 Saturday, November 3, 11 a.m.-4 p.m. \$27

Sorry, No Refunds

DARCARS Young Run

Sunday, October 21 at 9:30 a.m. Kids 12 & under Pick your distance: 1/4, 1/2, or 1 mile. For more information, call 301-353-0200 (MCRRC Club Line)

Official Catry Form: Rockville City Hall, c/o Rockville 10K/5K 11.04.07, 8:30 am – Machine Copies Ac

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